

LESSON 1

THE TEN COMMANDMENTS (PART 1): THE FIRST FIVE COMMANDMENTS



OBJECTIVES

1. To understand that keeping God's commandments allows us to abide in God's love and gain eternal life.
2. To understand that God commands us to worship Him, the one and only God, to observe His holy Sabbath day, and to honor our parents.

MEMORY VERSE

"Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be a special treasure to Me above all people; for all the earth is Mine."

(Exodus 19:5)

PRAYER

1. Thank God for the commandments He has given us so that we may learn to love Him and those around us.
2. We ask God to help us live by and obey His teachings so that we may enter His kingdom. We also pray that we can help other people come to know who God is.



Overview

1. **Moses receives the Ten Commandments from God**
 - a. The entrustment and responsibility to the Commandments
 - b. The first five commandments
2. **Linking to the Ten Basic Beliefs—One True God**
3. **Life Application**
 - a. What Did I Do with My Time?
 - b. What would YOU do?
4. **Activity—Learning about Love**



Background Knowledge for Teachers

After Adam and Eve disobeyed God's commandment in the garden of Eden, the relationship between God and man became marred by the presence of sin. The Spirit of God could no longer remain with mankind in the same manner as before. Consequently, sin grew and continued from one generation to the next, as seen by Cain murdering Abel, Lamech having two wives, and the sons of God marrying the daughters of men. Later on, Jacob also had more than one wife, and hatred and jealousy arose among brothers (Esau toward Jacob, Joseph's brothers toward Joseph). These and other offenses grieved the heart of God. Yet, He still wanted His people to turn to and remain in Him. God gave the Israelites the Ten Commandments to remind them of who He is to them and what He expects from them, namely, to love God and to show love toward other people.



Reaching Out to Your Students

Your students may not understand what it means to pursue actively after eternal life or the kingdom of God. Although they may wish to go to heaven someday, the concept of pursuing the heavenly kingdom may be abstract. The dialogue between Jesus and the rich young ruler (Mk 10:17-20) offers a way to help your students recognize the role of keeping God's commandments at a young age as a starting place in their pursuit of God's kingdom. Emphasize this teaching with your students as you review relevant passages with them. Help your students see that obeying God's commandments is a basic requirement for God to decide whether we can enter the kingdom of heaven.

Beyond their role as a gateway into God's kingdom, the commandments of God are also a reflection of God's love. At this age, your students may not comprehend how rules could relate to love. To your students, rules at school and at home are about rewards and punishments, depending on whether the rules are followed or broken. Help your students gain a deeper appreciation of God's teachings. Help them understand that God gave the Israelites His commandments so that they could know what they need to do in order to maintain their status as God's special treasure. God's loving wish is to have the Israelites remain His holy nation, protected by God Himself. The same goes for His believers today. God's rules are a clear roadmap for His believers so that they know what is necessary to be worthy of God's kingdom. Without this roadmap, which is given out of God's love for us, we would not know what we would need to do to qualify for and enter God's kingdom.

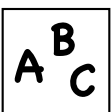


Opener

5 Minutes

What do you think is the ultimate hope of being a Christian? If a friend asks you why you're a Christian, what would you say? That's right, the most common answer is so that we can enter God's kingdom after we depart from this life. Did you know that we can actually enter God's kingdom now, while we are still alive? This happens when God considers us His children and abides with us in our day-to-day life. We can get a taste of what eternal life in heaven will be like, even while we are alive now. So, how is this achieved? What does a Christian need to do to obtain eternal life?

Let us read Mark 10:17-20. Jesus plainly tells the rich young ruler that keeping the commandments is the starting point for obtaining eternal life. Notice here that the rich ruler has known this and done it from a young age. Likewise, we should all strive to keep God's commandments, no matter how old or young we are. This pleases God and is the first step toward obtaining eternal life and entering God's kingdom.



Vocabulary

eternal life: life in the heavenly kingdom

covenant: a binding agreement with God to pledge one's willingness to obey God

children of Israel: the chosen people of God



Bible Discovery & Spiritual Teaching

30-35 Minutes

Throughout the Bible, we see that God has given His believers many instructions to keep. In particular, the Ten Commandments were given directly by God to instruct the Israelites while they were in the wilderness of Sinai. We will focus on the first five commandments in today's lesson.

First, let us learn about how the Ten Commandments came about. God wanted the Israelites to remember what He did for them in Egypt, so He made a **covenant** with them. As long as they kept this covenant, the people would be a "special treasure" to God. What an amazing status to have! Did you know that today, as God's children, you have already become God's special treasure?

God's message to the Israelites back then is the same as the one to us today—we need to firmly remember the covenant we made with God when we first became His through water baptism, which is to keep God's instructions and commandments.

God gave Moses the Ten Commandments on Mount Sinai. God wanted the Israelites to learn and keep these commandments. But the Ten Commandments aren't simply rules for us to follow; they are a reflection of God's holy nature—by following these commandments, we can draw closer to God and begin to understand Him more. Let us study the first five commandments in detail.

Commandment #1

You shall have no other gods before Me (Ex 20:3)

God confirms that there is no other God besides Him. He says this because He is the creator of heaven and earth. Isaiah 44:6 records what the Lord says: "I am the First and I am the Last; Besides Me there is no God."

We know that the Lord is the only true God, but what about these other "gods"? What or who may they be? Various religions often claim an actual object or natural thing to be a god, like the sun, moon, or a statue. Today, our "gods" could even be mundane things in our everyday lives, such as our computer or a celebrity. These things have no power of any sort and are not gods. However, they may become gods in our hearts. Do you know what it means to allow something to become a god in our heart? It means that we grow to love or respect something more than the Lord and treat it as the most important thing in our daily lives. A "god" in our hearts is something we constantly think about and pursue more than the Lord. If this happens, we have allowed something man-made to become a god in our hearts. We have placed other gods before the Lord.

What are some possible "gods" in our lives? [Allow the students to answer and discuss. Examples may be video games, popular actors/actresses, characters in books or certain TV series, or something on the computer/Internet.]

Commandment #2

You shall not make or worship images (Ex 20:4-6)

The second commandment is closely related to the first. Where the first forbids us from prioritizing other things in our hearts, this commandment explains the importance of avoiding the physical worship of idols or man-made images. What is an "image"? That's right, it can be a sculpture, a painting, or any physical object that you bow down to, pray to, serve, or worship (Ex 32:31-35; Judg 8:23-27). Can you think of an example of idolatry in the Old Testament? (The golden calf, Baal, Nebuchadnezzar, etc.) If we pray to or worship any objects, we are treating these objects as idols. Did you know that worshipping a

statue or a picture of Jesus Christ is wrong because it is also a form of image worshipping or idolatry?

God strictly forbids His people from worshipping images and idols. The commandment also states that God is a jealous God. You might wonder, "How can God be jealous?" In actuality, God does not get jealous in the same way we do. This is a different kind of jealousy. We get jealous about things that do not belong to us and we envy other people because of them. Godly jealousy is about something that already belongs to God—that is, the worship of God belongs to Him alone. Do you see the difference? He is the One True God. He does not want to see us worshipping other gods. God is our heavenly Father and we are His children. We belong to Him. Therefore, He does not want us to worship other gods and tarnish this exclusive bond with Him.

Commandment #3

You shall not take the name of the LORD your God in vain (Ex 20:7)

God deserves our utmost respect and honor, since He is the one and only God. We must always speak of Him respectfully. This is the attitude we should have at all times, whether we are in a chapel worshipping God, at school talking with friends, or relaxing at home. Our actions and words ought to reflect this respect towards God all the time. This means that we must never speak of God in an untrue, boastful, demeaning, or joking way.

You may not realize it, but using God's name as an exclamation without any real meaning or good purpose is also taking the Lord's name in vain. Have you ever said, "Oh, my God" simply as a way to express a feeling of surprise or dismay? When you use this phrase, God's name is not uttered out of respect or honor, but simply as a catchy, popular saying. Therefore, this kind of saying is actually an act of disrespect toward God. We should take extra care to avoid such empty phrases, and be sure that we are never using God's name lightly.

Commandment #4

Remember the Sabbath day, to keep it holy (Ex 20:8-11)

God requires His believers to set aside the seventh day of each week as a special day that is dedicated solely to honoring and worshipping Him. This means that all of our actions on the Sabbath need to be centered on God. Let's read Isaiah 58:13-14:

"If you turn away your foot from the Sabbath, from doing your pleasure on My holy day, and call the Sabbath a delight, the holy day of the Lord honorable, and shall honor Him, not doing your own ways, nor finding your own pleasure, nor speaking your own words, then you shall delight yourself in the LORD; and I will cause you to ride on the high hills of the earth."

So, what are three ways we can honor God on the Sabbath? We can:

- 1) not do our own ways,
- 2) not do our own pleasures, and
- 3) not speak our own words.

FOR TEACHERS

Write these 3 ways on the board to reinforce the points. Then ask, "What would some examples of these 'ways' be?" Give students time to think and answer. Examples might be: not bringing toys to church, waiting until the day is over before playing with friends, or avoiding excessive talk about games or TV shows.

God will bless us if we dedicate the Sabbath day to God. How do we "delight in the Lord," as recorded in Isaiah? We can experience the joys and blessings of keeping the Sabbath day when we worship God in truth and in our heart. For example, His teachings may help us to make peace with someone we've had an argument with. Singing hymns could comfort us if we are feeling nervous about a big test at school. Prayer might give us the strength to tell the truth to our parents, even if it might get us in trouble. Sabbath may also simply be a day of rest and of reminder—a day where we don't have to think about school, tests, or anything at all. It should be a day where we remember that, although each day might have its own difficulties and problems, our primary goal is to seek God and His heavenly kingdom.

Commandment #5

Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you (Ex 20:12; Eph 6:1-3)

Honoring our parents is so important to God that He included it as one of the Ten Commandments. Not only that, He included a blessing with this commandment! So, how do we honor our parents?

1. Respect

How would you treat a friend whom you admire and like a lot? You wouldn't speak to them in an offensive or rude manner, and you would naturally

behave as if their actions or opinions mean a great deal to you. This is what it means to respect someone, and this is one of the ways we should treat our parents. For example, if we are angry or upset, we should try not to speak hurtful words to them, or if we dislike something, we should not be irritated at our parents.

2. Obey

We honor God by listening to His commandments and obeying them. Honoring our parents should be no different. What does it mean to be obedient? Obedience isn't simply listening to what they say. It also means actually doing what they ask, even if you don't feel like doing it. If your parents have to nag you for hours to clean up your room because you won't stop playing a video game, then you aren't reflecting obedience.

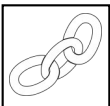
We respect and obey God because we know that He knows what is best for us, and because we know that He is wiser than us. In the same way, our parents are also wiser than us, and they know what is best for us, even if sometimes it doesn't feel like they do. It is because of this that we must do our best to honor them. Let's turn to Ephesians 6:1-3. As long as we try, God promises to reward us. This shows the importance of the fifth commandments.

Conclusion

What did we learn today? We learned the importance of worshipping the one true God. That means to place God first in our life, above everything else, and to use our time wisely to worship God. Also, we need to give God our highest respect and to keep the Sabbath day holy. Finally, we learned that we should honor our parents.

FOR TEACHERS

Hand out the Bible Discovery worksheet and give students time to fill in the blanks on their own. After the students have finished the worksheet, review the answers as a class. The answers are provided on page 9.



Linking to the Ten Basic Beliefs

2-5 Minutes

One True God

Of the Ten Commandments that God gave to Moses to instruct the people of Israel, the first three commandments either directly state or reinforce the important truth about worshipping only the divine God as the one true God. To truly respect and honor God, His children (believers) should not use His name in vain at any time, but regard God as Lord in their everyday lives. We should also observe God's commandment to honor the seventh day of each week as the holy Sabbath day.



Check for Understanding

5 Minutes

1. **How many commandments did we cover today and what were they?** Today, we studied five commandments. The first commandment is to have no other god before the Lord God. The second commandment is not to make for yourself nor bow down to a carved image. The third commandment is not to take the Lord's name in vain. The fourth commandment is to remember the Sabbath, to keep it holy for God. The fifth commandment is to honor your father and your mother so that you may live a long life.
2. **Why should we honor our parents?** We should honor our parents because it is the commandment of God. If we honor our parents, God promises that we will live a long life on the land that He has given us.
3. **What should you do if one of your friends invited you to attend his birthday party on Sabbath day?** You should thank him for inviting you but then say that you are going to church with your parents. We always go to church on Saturday because it is the commandment of God, and we can be blessed on that day.
4. **What does Exodus 19:5 say?** "Now therefore, if you will indeed obey My voice and keep My covenant, then you shall be a special treasure to Me above all people; for all the earth is Mine."



Life Application

10 Minutes

1. What Did I Do with My Time?

[Hand out Life Application Worksheet #1 and ask the students to complete it. After they have finished completing the worksheet, they can think about the questions that follow, and then share their answers with the class. Lastly, go over the testimonies with the students and emphasize the importance of spending time with God.]

Complete the worksheet, and then think about the following questions.

1. How much time each day do you spend on activities related to God or on building up your faith?
2. What do you think you spend most of your time on?
3. A. Do you love God:
 - a. More than the different forms of entertainment at home?
 - b. More than your friends at school and church?
- B. If so, how do you show your love toward God? If not, what improvements can you make?

Testimony #1: There was a brother who enjoyed playing the clarinet. He attended lessons at school and, later on, was chosen to be part of a band with other students in the area that he lived. This gave him a dilemma. The band rehearsals took place on Saturday mornings from 10:30 am until lunchtime. If he attended the rehearsals, he would be late to church service. He thought long and hard about what he should do. He really wanted to be at church, worshipping God and having fellowship with other brothers and sisters. So, in the end, he quit the band because he thought it was more important to worship God.

This brother wanted to draw close to God, and he believed it was necessary to obey God's commandment of keeping the Sabbath day holy by not putting his personal activities before God.

Testimony #2: The brother we just mentioned faced another problem. As the end of the school term approached, there were exams to take. He wanted to do well on these tests so he stopped attending church services on Saturdays and studied for the tests instead. He found out that his test results were not as good as he had hoped for. Brothers and sisters invited him to return to church and attend RE classes. Later on, he did. He resumed attending the Sabbath day services and the RE classes. Shortly after, he received the Holy Spirit and ended up getting better grades.

God blesses us for making the more difficult choice and worshipping on the Sabbath day. God is willing to show His love to us whenever we decide to obey His word. He also knows our needs and can help and strengthen us better than any personal studying can.

2. What Would YOU Do?

It is important to know what the Ten Commandments are. It is equally important to know how to apply God's teachings behind the commandments to our everyday lives. For each of the different scenarios described in the Life Application worksheet: 1) identify which of the Ten Commandment pertains to it, and 2) discuss what you would do in that situation. Think about God's teachings as decide what God would want you to do in the situation.

Scenario #1

Ethan has friends who always say, "OH, my GOD!" at school. At first, he feels very uncomfortable hearing this phrase, but then he notices that everyone says it so casually and it seems like a hip thing to say. After a while, Ethan finds himself saying it, too. One day, his older sister notices him saying "OH, my GOD!" at home and she voices her disapproval. Ethan's sister explains to Ethan that Christians should not say these kinds of phrases. Ethan doesn't agree though. "It's just a phrase!" he says. "There's no harm being done. Besides, everyone at school says it!"

1. Which commandment is Ethan breaking? Explain your answer.

He is breaking the third commandment of not taking God's name in vain. God's name should never be taken lightly or in a manner that isn't honoring Him. By using His name as "just a phrase" or because it is a "hip" thing to say, we are disrespecting God Himself.

2. Think about what Ethan should do.

Ethan should try to make sure he doesn't say the phrase anymore, perhaps by giving himself penalties whenever he catches himself saying it. Only by being conscious of what he is saying and thinking before he speaks will he be able to prevent himself from breaking the commandment.

3. If you were in this situation, what else would you do that is in line with God's teaching?

God wants us to draw closer to Him, and only by obeying His commandments can we do so. It's very easy to forget this, however, when we are surrounded by so many "cool" trends that lead us to break God's commands or disrespect Him. If we spend more time drawing closer to God, then respecting Him will become a natural action in our lives.

Scenario #2

Lately, 11-year-old Zach has been feeling unhappy because he is not getting along with his friends at school. He hasn't told anyone about his troubles, but he has been acting out his frustrations at home. When he gets home from school, he throws his jacket on the floor. Later, when his parents ask him to pick it up, he raises his voice and talks back. The same goes for the piles of dirty clothes in his room. He doesn't feel like listening to his parents, and he acts as if he is the boss at home. Zach is really preoccupied with his own problems, and he believes that his parents should be more understanding and not make so many demands on him! "Don't they see that I'm already upset and that telling me what to do will just make me angrier?" Zach fumes. "Besides, I'm old enough now to do things my own way!"

1. Which commandment is Zach breaking? Explain your answer.

He is breaking commandment number five, which is to honor your parents. Zach is venting out his anger on his parents and refusing to do simple things that his parents request of him. He is also expecting them to be understanding of a situation they are unaware of, and he believes that he is wiser and smarter than them.

2. Think about what Zach should do.

Zach should calm down and realize that his parents know nothing about his life at school. Instead of venting out his anger at them, he should apologize to them and explain why he is so grumpy when he gets home. Perhaps they will even be able to give him some advice.

3. If you were in this situation, what else would you do that is in line with God's teaching?

God wants us to honor our parents, and He proves this by promising a long life for those who do so. Believing that we are smarter or wiser than them is one step away from disobedience; instead, we should try to learn more about our parents and about their past. In this way, we can grow to see them as a loving mother or father, instead of just people who tell us what to do and restrict our lives.

Scenario #3

Ben loves video games. He loves to talk about them with his friends. If he could, he would spend all of his free time playing them. He just can't seem to get enough of the games! Car games, combat games, sports games, or strategy games, it doesn't matter—Ben loves whatever is new and popular. Last month, an amazing new game console came out and a lot of his friends are getting it. If only his parents would allow him to buy it, plus some of the new games that go with it! Ben can't understand why his parents are so callously against his request! He gets straight A's at school and does his chores without complaining. Shouldn't they reward him for his efforts? Lately, Ben finds himself thinking about the new games all the time. Then it hits him—why not pray for his parents to change their minds and allow him to buy the new games? This one desire is becoming the sole purpose of his prayers.

1. Which commandment is Ben in danger of breaking? Explain your answer.

He is in danger of breaking commandment number two. By thinking more and more about the game or console that he wants, Ben is slowly thinking less and less about God. Moreover, prayer should always be a form of drawing closer to God, not of demanding one's wishes of Him. By praying for such a materialistic thing, Ben is proving to God that he cares more about his games than about God.

2. Think about what Ben should do.

Ben should be thankful for the many games he already has, as there are probably many children who don't even have a game console at all, much less the newest, most expensive one. He should learn to be content with what he has and, instead of praying for more, thank God for the blessings that He has given him.

3. If you were in this situation, what else would you do that is in line with God's teaching?

God wants us to strive for holiness and to seek to draw closer to Him at all times. If we spend so much time on something that we become obsessed with it, we should try to cut down on that time, and instead spend more time with God. By spending more time with God, we can learn to be content with what we have and learn to do His will.

Scenario #4

Julie has a dilemma. Her friend Abby has just invited all of her good friends to her house tomorrow. Abby has a huge, sparkling pool in her backyard. There will be pizza, swimming, and other exciting activities. It would be so much fun if Julie could be with her friends! Julie knows that Sabbath is tomorrow. But she wonders, "I go to church every Saturday. Maybe I could just skip church service this one time. God would understand, right?"

1. Which commandment is Julie in danger of breaking? Explain your answer.

She is in danger of breaking commandment number four. The Sabbath day is a day focused on God and God alone. The Bible teaches us that we need to put aside our personal desires and instead do things that are for the sake of worshipping God.

2. Think about what Julie should do.

Julie should tell her friend that she can't go because she has church on Saturdays. Maybe next time they have a party on Sunday, she'll be able to join them.

3. If you were in this situation, what else would you do that is in line with God's teaching?

The Sabbath day was set aside not just for God's sake, but also for our sake. By having a day of rest where we can focus on God's love, we are constantly reminding ourselves that the things on this earth are not as important as seeking God's kingdom. One important factor in this is having fellow brothers and sisters to walk with on this path of faith. Perhaps instead of going to a school friend's party after church, we can fellowship with our classmates to build up our faith together and learn to rely on one another.

Scenario #5

For the past few months, all of the 6th graders have been obsessed with this teenage singer. Lily is no exception. Lily follows all the news about the singer and admires everything about her. Whenever she sees the singer's picture in a magazine or on the Internet, she clips it and saves it because she wants to look just like her. Lily also tries to imitate her singing and her dance moves. "It would be so great if I could look and act like this singer!" Lily often thinks to herself.

1. Which commandment is Lily breaking? Explain your answer.
Lily is breaking commandment number two. An idol isn't just something we bow down to worship, but also a person or thing we fill our lives and thoughts with, and even seek to imitate. The only one we should be imitating is God Himself.
2. Think about what Lily should do.
Lily should realize that the singer is beginning to replace God and immediately start to remove the singer from her heart. She can start by removing posters, throwing away her clippings, and avoiding gossip or magazines that are all about the singer.
3. If you were in this situation, what else would you do that is in line with God's teaching?
God wants us to strive to be like Him, because He wants us to obtain eternal life. The things of this world will pass away—including celebrities or artists that we like—and, in the end, all that will matter is whether we enter His heavenly kingdom or not. Instead of placing clippings of celebrities on our walls, we should be placing Bible verses on our wall; instead of imitating a singer, we should be imitating God. That way we can draw closer to Him and learn to love Him in our hearts.



Activity

Learning About Love

10-15 Minutes

Objective: To learn about “love” and apply it to our everyday lives.

Description of love – 1 Corinthians 13:4-7

- ⁴ Love suffers long and is kind;
 love does not envy;
 love does not parade itself,
 is not puffed up;
⁵ does not behave rudely,
 does not seek its own,
 is not provoked,
 thinks no evil;
⁶ does not rejoice in iniquity, but rejoices in the truth;
⁷ bears all things, believes all things, hopes all things, endures all things.

1. First, have the students read 1 Corinthians 13:4-7 to themselves.
2. Then, have students pair up and alternate reading lines from the passage, while looking at their neighbor.
3. Ask the students to say each sentence again to each other, mentioning the name “Jesus” first, followed by the remainder of the sentence (e.g., “Jesus’ love suffers long and is kind”).
4. Ask, “What do you think you can learn about the love of Jesus?”
5. Say, “When you consider the love of Jesus toward people, how can you improve your relationship with _____?”

A. God

- Keep His Commandments
- Know who the Lord is (Acts 9:5)
- Know what the Lord wants us to do (Acts 9:6)

B. Parents

- Show respect to parents in the Lord (Eph 6:1-3)
- Identify how to help them as they advance in age
- Pray for them

C. Siblings

- Identify how to help them
- Pray for them

D. Other people

- Identify how to help them
- Pray for them

HOMWORK ANSWER KEY

1. True
2. False; commandment number two is not to worship or bow down to idols.
3. True
4. We should acknowledge the divine God as our one true God and live out our daily life in a manner that reflects this knowledge. That means not to love or treat anything else in our life as more important than God.
5. Our actions and words must reflect an utmost respect toward God at all times. This means not speaking of God in an untrue, boastful, demeaning, or joking way. It also means not to use the word "god" or "Jesus" carelessly in phrases that have no true meaning, such as to express a feeling of surprise or dismay.
6. We should cherish the day that God has sanctified because He cares about our welfare and well-being. God wants us to obtain rest from our normal day-to-day bustle and dedicate a day to focus on Him and spiritual matters. We should see His day as a day to give our respect to Him. This is how we can experience goodness from God.
7. We honor them by obeying them and respecting them in our attitudes and words. We should try to act and use words that would bring delight, rather than grief or anguish, to them. When we have different opinions from our parents, we should seek to communicate them in a respectful manner and work toward reaching a harmonious resolution, with their wishes and intentions in mind. We should pray for our parents and dutifully take care of them when they need us later in their lives.

BIBLE DISCOVERY WORKSHEET ANSWER KEY**Teaching**

gods
 image, worship
 God, vain, name
 Sabbath, pleasure, doing, speaking
 days, long

Meaning

first
 object, idols
 respectfully, joking, vain
 four, holy, pleasure, words
 respect, obey, long

THE FIRST FIVE COMMANDMENTS

Fill in the blanks.

| Teaching | Meaning |
|---|---|
| <p style="text-align: center;">Commandment #1</p> <p>Ex 20:3 "You shall have no other _____ before Me."</p> | <p>The Lord God is the first and last; besides Him there is no other God. This means that in our heart and in our life, God should be _____, above everything else that we may love or wish to have.</p> |
| <p style="text-align: center;">Commandment #2</p> <p>Ex 20:4-6 "You shall not make yourself a carved _____ [...] you shall not bow down to them nor _____ them."</p> | <p>An image is any _____ made by humans, such as a picture or a sculpture. God strictly forbids us to worship images or _____.</p> |
| <p style="text-align: center;">Commandment #3</p> <p>Ex 20:7 "You shall not take the name of the LORD your _____ in _____, for the Lord will not hold him guiltless who takes His _____ in vain."</p> | <p>The third commandment tells us to always speak _____ of God. This means not using God's name in an untrue, boastful, demeaning, or _____ way, and also not using His name in _____.</p> |
| <p style="text-align: center;">Commandment #4</p> <p>Is 58:13-14 "If you turn away your foot from the _____, from doing your _____ on My holy day, and call the Sabbath a delight, the holy day of the Lord honorable, and shall honor Him, not _____ your own ways, nor finding your own pleasure, nor _____ your own words, then you shall delight yourself in the Lord."</p> | <p>God has given us commandment number _____, which is to honor the Sabbath Day, to keep it _____. God will bless us on this day, both physically and spiritually, when we keep His commandment. We should make an effort not to do our own ways or _____, nor speak our own _____.</p> |
| <p style="text-align: center;">Commandment #5</p> <p>Ex 20:12 "Honor your father and your mother, that your _____ may be _____ upon the land which the LORD your God is giving you."</p> | <p>To honor our parents is to _____ and _____ them. When we obey this commandment, our days on earth may be _____, as a promise from God.</p> |

What Did I Do with My Time?

Think about a typical weekday and Sunday. What do you spend your time doing on these days? Look at each activity already listed and write down how much time you usually spend on each activity. Add additional activities you do that are not already listed.

| Weekday Activities | Time Spent |
|--|---------------------------|
| 1. Sleep | _____ Hours _____ Minutes |
| 2. Homework | _____ Hours _____ Minutes |
| 3. Chores | _____ Hours _____ Minutes |
| 4. Dinner | _____ Hours _____ Minutes |
| 5. Entertainment (TV, video games, etc.) | _____ Hours _____ Minutes |
| 6. Bible reading | _____ Hours _____ Minutes |
| 7. Praying | _____ Hours _____ Minutes |
| 8. | _____ Hours _____ Minutes |
| 9. | _____ Hours _____ Minutes |
| 10. | _____ Hours _____ Minutes |
| 11. | _____ Hours _____ Minutes |
| 12. | _____ Hours _____ Minutes |

| Sunday Activities | Time Spent |
|--|---------------------------|
| 1. Sleep | _____ Hours _____ Minutes |
| 2. Homework | _____ Hours _____ Minutes |
| 3. Chores | _____ Hours _____ Minutes |
| 4. Dinner | _____ Hours _____ Minutes |
| 5. Entertainment (TV, video games, etc.) | _____ Hours _____ Minutes |
| 6. Bible reading | _____ Hours _____ Minutes |
| 7. Praying | _____ Hours _____ Minutes |
| 8. | _____ Hours _____ Minutes |
| 9. | _____ Hours _____ Minutes |
| 10. | _____ Hours _____ Minutes |
| 11. | _____ Hours _____ Minutes |
| 12. | _____ Hours _____ Minutes |

Now that you've completed the worksheet, think about the following questions.

1. How much time each day do you spend on activities related to God or on building up your faith?

2. What do you think you spend most of your time on?

3. A. Do you love God:

a. More than the different forms of entertainment at home?

b. More than your friends at school and church?

B. If so, how do you show your love toward God? If not, what improvements can you make?

Read the following testimonies and think about the choices this brother made.

Testimony #1: There was a brother who enjoyed playing the clarinet. He attended lessons at school and, later on, was chosen to be part of a band with other students in the area that he lived. This gave him a dilemma. The band rehearsals took place on Saturday mornings from 10:30 am until lunchtime. If he attended the rehearsals, he would be late to church service. He thought long and hard about what he should do. He really wanted to be at church, worshipping God and having fellowship with other brothers and sisters. So, in the end, he quit the band because he thought it was more important to worship God.



Testimony #2: The brother we just mentioned faced another problem. As the end of the school term approached, there were exams to take. He wanted to do well on these tests so he stopped attending church services on Saturdays and studied for the tests instead. He found out that his test results were not as good as he had hoped for. Brothers and sisters invited him to return to church and attend RE classes. Later on, he did. He resumed attending the Sabbath day services and the RE classes. Shortly after, he received the Holy Spirit and ended up getting better grades.

What Would YOU Do?

It is important to know what the Ten Commandments are. It is equally important to know how to apply God's teachings behind the commandments to our everyday lives. For each of the different scenarios described in the Life Application worksheet: 1) identify which of the Ten Commandment pertains to it, and 2) discuss what you would do in that situation. Think about God's teachings as you decide what God would want you to do in the situation.

Scenario #1

Ethan has friends who always say, "OH, my GOD!" at school. At first, he feels very uncomfortable hearing this phrase, but then he notices that everyone says it so casually and it seems like a hip thing to say. After a while, Ethan finds himself saying it, too. One day, his older sister notices him saying "OH, my GOD!" at home and she voices her disapproval. Ethan's sister explains to Ethan that Christians should not say these kinds of phrases. Ethan doesn't agree though. "It's just a phrase!" he says. "There's no harm being done. Besides, everyone at school says it!"

1. Which commandment is Ethan breaking? Explain your answer.

2. Think about what Ethan should do.

3. If you were in this situation, what else would you do that is in line with God's teaching?



Scenario #2

Lately, 11-year-old Zach has been feeling unhappy because he is not getting along with his friends at school. He hasn't told anyone about his troubles, but he has been acting out his frustrations at home. When he gets home from school, he throws his jacket on the floor. Later, when his parents ask him to pick it up, he raises his voice and talks back. The same goes for the piles of dirty clothes in his room. He doesn't feel like listening to his parents, and he acts as if he is the boss at home. Zach is really preoccupied with his own problems, and he believes that his parents should be more understanding and not make so many demands on him! "Don't they see that I'm already upset and that telling me what to do will just make me angrier?" Zach fumes. "Besides, I'm old enough now to do things my own way!"

1. Which commandment is Zach breaking? Explain your answer.

2. Think about what Zach should do.

3. If you were in this situation, what else would you do that is in line with God's teaching?



Scenario #3

Ben loves video games. He loves to talk about them with his friends. If he could, he would spend all of his free time playing them. He just can't seem to get enough of the games! Car games, combat games, sports games, or strategy games, it doesn't matter—Ben loves whatever is new and popular. Last month, an amazing new game console came out and a lot of his friends are getting it. If only his parents would allow him to buy it plus some of the new games that go with it! Ben can't understand why his parents are so callously against his request! He gets straight A's at school and does his chores without complaining. Shouldn't they reward him for his efforts? Lately, Ben finds himself thinking about the new games all the time. Then it hits him—why not pray for his parents to change their minds and allow him to buy the new games? This one desire is becoming the sole purpose of his prayers.

1. Which commandment is Ben in danger of breaking? Explain your answer.

2. Think about what Ben should do.

3. If you were in this situation, what else would you do that is in line with God's teaching?

**Scenario #4**

Julie has a dilemma. Her friend Abby has just invited all of her good friends to her house tomorrow. Abby has a huge, sparkling pool in her backyard. There will be pizza, swimming, and other exciting activities. It would be so much fun if Julie could be with her friends! Julie knows that Sabbath is tomorrow. But she wonders, "I go to church every Saturday. Maybe I could just skip church service this one time. God would understand, right?"

1. Which commandment is Julie in danger of breaking? Explain your answer.

2. Think about what Julie should do.

3. If you were in this situation, what else would you do that is in line with God's teaching?



Scenario #5

For the past few months, all of the 6th graders have been obsessed with this teenage singer. Lily is no exception. Lily follows all the news about the singer and admires everything about her. Whenever she sees the singer's picture in a magazine or on the Internet, she clips it and saves it because she wants to look just like her. Lily also tries to imitate her singing and her dance moves. "It would be so great if I could look and act like this singer!" Lily often thinks to herself.

1. Which commandment is Lily breaking? Explain your answer.

2. Think about what Lily should do.

3. If you were in this situation, what else would you do that is in line with God's teaching?



